

1. A composition comprising herbs or botanical or horticultural equivalents of herbs or chemical or functional equivalents of the herbal extract wherein said composition is effective in the prophylaxis or treatment of an allergic or inflammatory response.
2. A composition according to Claim 1 wherein the effectiveness of the composition is relative to a placebo-controlled trial.
3. A composition according to Claim 2 wherein said herbs in the composition are selected to:-
 - (i) keep airways open;
 - (ii) invigorate the spleen and digestive system;
 - (iii) reinforce the kidney and function of the urinary and reproductive tract;
 - (iv) eliminate inflammation; and
 - (v) promote blood circulation and remove blood stasis.
4. A composition according to Claim 1 or 2 or 3 wherein the herbs in the composition are selected from the list comprising at least one from five groups of herbs wherein the first group comprises: Mahuang, Guizhi, Cangerzi, Xinyi, Bohe, Xixin, Xingren, Chaihu, Yinxingye, Baizi and Fangfeng; the second group comprises: Baizhu, Shanyao, Dangshen, Dazao, Gancao, Huangqi and Huangjing; the third group comprises: Tusizi, Roucongrong, Fuzi, Yinyanghuo, Buguzhi, Dihuang and Xianmao; the fourth group comprises: Huangqin, Wumei and Wuweizi; the fifth group comprises: Taoren, Chuanxiong, Danpi and Chishao.
5. A composition according to Claim 4 wherein the herbs are selected from the list comprising at least one from five groups of herbs wherein the first group comprises: Mahuang, Guizhi, Cangerzi, Xinyi, Bohe, Xixin, Xingren, Chaihu, Yinxingye, Baizi and Fangfeng; the second group comprises: Baizhu, Shanyao, Dangshen, Dazao, Gancao, Huangqi and Huangjing; the third group comprises: Tusizi, Roucongrong, Fuzi, Yinyanghuo, Buguzhi, Dihuang and

Xianmao; the fourth group comprises: Huangqin, Wumei and Wuweizi; the fifth group comprises: Taoren, Chuanxiong, Danpi and Chishao.

6. A composition according to Claim 5 wherein the composition comprises five or more herbs or extracts of five or more herbs selected from the list comprising:-

the rhizome of *Rehmannia Glutinosa Libosch*, Dihuang; the root of *Scutellaria Baicalenis Georgi*, Huangqin; the rhizome of *Polygonatum Sibiricum Redout*, Huangjing; the leaf of *Ginkgo Bilobo*, Yinxingye; the leaf of *Epimedium Sagittatum*, Yinyanghuo; the ripe fruit of *Psoralea Corylifolia*, Buguzhi; the fruit of *Schisandra Chinensis Baill*, Wuweizi; the unripe fruit of *Prunus Mume Sieb* without seed, Wumei; the root of *Ledebouriella Divaricata Hiroe*, Fangfeng; the root of *Angelica Dahuricae*, Baizi; the root of *Astragalus Membranaceus*, Huanqi, wherein the composition further comprises at least one kidney-tonifying herb or an extract thereof and at least one herb or an extract thereof for respiratory disorders.

7. A method for the treatment or prophylaxis of an allergic or inflammatory reaction such as but not limited to a Type I hypersensitivity reaction (e.g. IgE-based allergic reaction) and in particular a respiratory disorder in a mammal, said method comprising administering an effective amount of the composition according to Claim 1 for a time and under conditions sufficient to treat or prevent said allergic or inflammatory reaction.

8. A method according to Claim 7 wherein the effectiveness of the composition is related to a placebo-controlled trial.

9. A method according to Claim 8 wherein the herbs in the composition are selected to:-

- (i) keep airways open;
- (ii) invigorate the spleen and digestive system;
- (iii) reinforce the kidney and function of the urinary and reproductive tract;
- (iv) eliminate inflammation; and

(v) promote blood circulation and remove blood stasis.

10. A method according to Claim 7 or 8 or 9 wherein the herbs are selected from the list comprising at least one from five groups of herbs wherein the first group comprises: Mahuang, Guizhi, Cangerzi, Xinyi, Bohe, Xixin, Xingren, Chaihu, Yinxingye, Baizi and Fangfeng; the second group comprises: Baizhu, Shanyao, Dangshen, Dazao, Gancao, Huangqi and Huangjing; the third group comprises: Tusizi, Roucongrong, Fuzi, Yinyanghuo, Buguzhi, Dihuang and Xianmao; the fourth group comprises: Huangqin, Wumei and Wuweizi; the fifth group comprises: Taoren, Chuanxiong, Danpi and Chishao.

11. A method according to Claim 10 wherein the herbs are selected from the list comprising at least one from five groups of herbs wherein the first group comprises: Mahuang, Guizhi, Cangerzi, Xinyi, Bohe, Xixin, Xingren, Chaihu, Yinxingye, Baizi and Fangfeng; the second group comprises: Baizhu, Shanyao, Dangshen, Dazao, Gancao, Huangqi and Huangjing; the third group comprises: Tusizi, Roucongrong, Fuzi, Yinyanghuo, Buguzhi, Dihuang and Xianmao; the fourth group comprises: Huangqin, Wumei and Wuweizi; the fifth group comprises: Taoren, Chuanxiong, Danpi and Chishao.

12. A method according to Claim 11 wherein the composition comprises five or more herbs or extracts of five or more herbs selected from the list comprising:-

the rhizome of *Rehmannia Glutinosa Libosch*, Dihuang; the root of *Scutellaria Baicalenis Georgi*, Huangqin; the rhizome of *Polygonatum Sibiricum Redout*, Huangjing; the leaf of *Ginkgo Bilobo*, Yinxingye; the leaf of *Epimedium Sagittatum*, Yinyanghuo; the ripe fruit of *Psoralea Corylifolia*, Buguzhi; the fruit of *Schisandra Chinensis Baill*, Wuweizi; the unripe fruit of *Prunus Mume Sieb* without seed, Wumei; the root of *Ledebouriella Divaricata Hiroe*, Fangfeng; the root of *Angelcae Dahuricae*, Baizi; the root of *Astragalus Membranaceus*, Huanqi, wherein the composition further comprises at least one kidney-tonifying herb or an extract thereof and at least one herb or an extract thereof for respiratory disorders.

13. Use of the composition according to any one of Claims 1 to 6 for the

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